



Take Steps to Help the Environment

Earth Day will be celebrated on April 22, but you can take steps to protect the environment year round. Try these environmentally-friendly tips in your home and community.

- Make your outings more environmentally friendly by combining trips out. Try biking, walking or taking the bus or metro instead of driving your car.
- Run the dishwasher only with a full load and skip the energy-intensive drying cycle by choosing the "air-dry" option; or just open the door overnight.
- Plan ahead when you shop and bring reusable bags for groceries. If you already use reusable grocery bags, purchase a set of reusable produce bags for fruits and veggies.
- Minimize disposables. Bring a mug and cutlery to work. Use cloth napkins at a meal. Wipe up with a rag instead of paper towels.
- Replace the incandescent light bulbs in your house with CFLs (compact fluorescent light bulbs). Replacing one incandescent light bulb with a CFL saves 150 pounds of carbon dioxide a year.
- Are you recycling everything you can? Refresh your memory on what items the City collects for curbside recycling. [Check your trash](#) for rogue recyclables.
- Obey the speed limit. Every 10 mph in speed reduces fuel economy by 4 mph, and increases the risk of getting into a crash.
- Energy can be wasted through leaky electrical outlets. Install insulation behind the plates of wall outlets.
- Turn off any appliances that are not being used for more than hour. Even at an "energy-saver" setting, a computer, game console or TV wastes energy.
- Turn off lights that are not in use. Shut off lights when leaving a room. Put reminders on your switch plates or install motion sensors that turn lights off automatically.
- Purchase locally grown food. Walk to a [farmers' market](#) or consider joining a community supported agriculture (CSA) group that delivers local produce.
- Run the washing machine only with full loads. Set the temperature on the washing machine to "cold/cold." Clothes washed in cold water get just as clean, but half the energy is used to clean the clothes.
- End junk mail. Stop unwanted catalogs ([CatalogChoice.org](#)), credit card offers (1-888-5-OPTOUT) and other junk mail ([DMAchoice.org](#)).



- Check your vehicle's tire pressure. Cars with low tire pressure get lower mileage.
- Place an insulating cover over your water heater. You can find a "blanket" at most hardware stores. (Oil or gas-powered heaters may need a plumbing expert.)
- Support environmental efforts in Rockville. Get involved and learn more through the [Environment Commission](#).